

Thunderstorms

music and sound effects for desensitization

training protocols by Victoria Stilwell



The iCalmPet™ Mission

We believe auditory awareness helps everybody live more comfortably in a complex sensory world.

We create specialized music and sound recordings for dogs, cats, and the people who love them.

Worry and unease are soothed by calming tempos, warm sounds, and familiar patterns.

When we are calm, life feels sweeter, safer, and easier.

Introduction

Although habituating your dog to the sounds of thunderstorm might take a shorter amount of time than desensitizing a dog that has an already established fear or phobia, there is no way to measure how long it will take for your dog to become completely comfortable with the highest level of thunderstorm sounds. The teaching process could take a few days, several weeks or months, until your dog is fully relaxed while listening to the loudest and most saturated tracks. You will be the best judge of your dog's progress and comfort level.

Keep in mind that use of this recording is just one part of the desensitization process and should always be accompanied with behavioral therapy. Modifying a dog's fears and phobias is a complex process, so whenever possible, seek help from a professional positive reinforcement dog trainer or behaviorist.

Instructions for Use

Important Note: Before starting the teaching process please ensure that your dog has had a full medical check-up with your veterinarian. Sudden onset of a fear or phobia could be attributed to a medical condition inhibiting your dog's chances of success if left undiscovered.

With these recordings, you are taking important proactive steps towards helping your dog prepare or overcome sensitivities to certain noises. Use this soundtrack according to the following directions to achieve the best results, and remember when teaching your dog: time, commitment and patience are needed to ensure success.

It is crucial that your dog not become habituated or desensitized to *Thunderstorms* in just one area of your home. Teaching your dog to cope with Thunderstorms in one area might not translate to other locations, so work with your dog in different rooms as well as outside.

Preparation (Track 1)

To begin the desensitization process, find a time when you and your dog can either relax together or engage in a low-energy activity that your dog enjoys, such as eating high-value food, getting a massage or chewing a favorite bone. Before your first session, listen to Track 1, Victoria Stilwell's Intro and Instruction, to familiarize yourself with the training protocol to follow.

Step 1 (Track 2)

You will promote a state of relaxation by playing Track 2 (Music Intro) - music that has been specifically designed to help in the relaxation process. Pairing this music with objects or activities that your dog enjoys will not only help your dog relax but will also build up a positive association with the music being played. You can build or “charge up” this association over a period of a few days by repeating the first part of this exercise three times a day or you can simply use it once to get your dog into a calm state before proceeding to the next tracks.

After putting your dog into a relaxed state by playing Track 2, you are ready to proceed to the next level. Repeat this step as necessary until relaxation is successful.

Step 2 (Track 3)

In Track 3 (Mild SFX/Distance), faint thunderstorm sounds will begin to build subtly underneath the music, seemingly at a distance and at a low level.

Continue to do the activity that your dog loves. It’s important that you remain completely relaxed so that any nerves that you might feel are not felt by your dog.

Make sure your voice is light and happy, your touch soft and slow, your body relaxed and fluid and your breathing normal. Dogs are very sensitive to changes in body language, vocal tone and pitch so be aware that your response influences your dog.

Even though Track 3 introduces thunderstorm sounds at a low level, this might be too much for some chronically phobic dogs. You can either manipulate the volume control by playing it at an even lower level until your dog can cope, or go back to Track 2 and repeat the calming process.

The secret to success is to not push your dog too far too fast and never miss a chance to reward calm behavior.

Step 3 (Track 4)

Once your dog is undisturbed by the sounds on Track 3, go on to Track 4 (Mild SFX/Close) and repeat the process.

Step 4 (Tracks 5 & 6)

Gradually build up the intensity by listening to Track 5 (Moderate SFX) and Track 6 (Heavy SFX). These tracks grow in volume and sound effect saturation.

Step 5 (Track 7)

Track 7 (Music Only) is a 23-minute track that combines all the music heard in the previous tracks but without thunderstorm sound effects. Play this music as much as you need throughout the day while your dog is having fun engaging in a favorite activity or game, or while in a relaxed state.

**Additional calming music,
similar to Track 7, can be found separately on
www.iCalmPet.com
and on major Streaming Platforms**

Thunderstorms Tracks

Featuring music by *Through a Dog's Ear*

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| 1. Verbal instructions - Victoria Stilwell | 04:57 |
| 2. Music intro - Brahms | 04:31 |
| 3. Mild SFX/distance - Beethoven | 04:08 |
| 4. Mild SFX/close - Beethoven | 03:51 |
| 5. Moderate SFX - Bach | 04:53 |
| 6. Heavy SFX - Bach | 05:19 |
| 7. Music only | 23:32 |

Total running time 0:51:17

For full track titles, see: icalmpet.com/about/composition-titles/

iCalmPet Download Music Library

DOGS	Calm Your Canine Relieves stress, quiets sound phobias and stops barking	iCalmDog Reggae Fun, effective calming & great addition to classical offerings	A Calm Variety Add variety to your canine's playlist for a longer calming effect
	Calm Your Puppy Calming music for young dogs (6 wks-18 mos.)	Elderly Canine Calming music designed for senior dogs	Separation Anxiety Helps relieve stress when alone <i>w/ intermittent music/silence</i>
	Aggression Training program to calm reactive and fearful dogs	In the Car Keeps dogs relaxed and people alert	Human-Animal Bond Calms dogs while stimulating the human brain
	Thunderstorms Trains dogs to remain calm with thunder	Fireworks Trains dogs to stay calm during fireworks	City Sounds Trains dogs to acclimate to urban sounds

PEOPLE	Cat Calming Reduces feline anxiety	Stimulation Lively music for sensory enrichment	Noise Phobias Reduces fear of noises
	DeStress Slows brainwaves, heart rate and breath	Focus Supports focus and concentration	Sleep Lulls mind and body to deep sleep

Visit iCalmPet.com or Amazon for *iCalmPet's* complete Micro SD music library. We have audio programs for different stages of life, environments, and behaviors.

